



City of Cincinnati

Date: July 20, 2005



News Release

Board of Health
City of Cincinnati

Judith S. Daniels M.D., M.P.H.
Interim Health Commissioner
Cincinnati Health Department
3101 Burnet Avenue
Cincinnati, OH 45229-3098
July 20, 2005
(513) 357-7281

-FOR IMMEDIATE RELEASE-

HEAT ALERT

Dr. Judith S. Daniels, Interim Health Commissioner and Mayor Charlie Luken declared today that the on July 20, 2005, will continue to be in effect through July 25, 2005.

A Heat Alert represents predicted extreme heat conditions. During a Heat Alert or a Heat Emergency, it is extremely important that measures be taken to prevent heat exhaustion and heat stroke, which can be fatal. Dr. Daniels recommends the following health practices during excessively hot weather:

HEAT TIPS

If your home is not air conditioned, find somewhere to go that is cooled. Stores, malls, movie theaters may offer some respite from high temperatures. The City's Recreation Centers are another possibility since they serve as cool centers during regular hours for those in need of relief from the heat.

1. Decrease physical activity. This is particularly advisable for joggers and high school or junior high school athletic teams. Exercise activities should occur early in the morning or in the early evening. Stay in shade as much as possible.
2. Wear loose lightweight and light colored cotton clothing.
3. Drink plenty of water.
4. Eat light meals.
5. Put the alcohol beverages away until cooler weather. Alcoholic drinks can increase a person's risk to heat-related illnesses.
6. Cool down with showers, baths, recreational swimming.
7. Adjust blinds, shades, awnings to keep out sun.

8. Use the basement during the hottest hours.
9. Use a circulating fan to lower temperatures in living spaces. However, when temperature exceeds 95°F, a fan may not help unless it brings cool air into the apartment. Fans may even increase heat stress in very hot weather and should not be used to blow hot air directly onto the body.
10. Be a good neighbor and check on those who may need assistance.
11. Individuals with chronic health problems, such as heart disease or lung problems, should minimize activities because the heat will put additional stresses on those systems. Some medications increase the risk of heat stroke of illness including many medicines that act on the central nervous system like drugs for depression, mental illness or Parkinson's disease.
12. Extra caution should be taken for the elderly and young infants and children to assure that they are protected from the heat and are exercising these helpful hints.
13. Children and pets should not be left unattended in closed vehicles. Temperatures can reach dangerous levels rapidly.
14. Be kind to your pets. Provide pets with shade and plenty of cool water.

Media Contact: Dr. Larry Holditch, M.D.
(513) 357-7462

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2005 Cool Centers
Cincinnati Recreation Commission

Center	Address	Phone	Days/Hours
Bond Hill	1501 Elizabeth Pl. (37)	242-9565	M&F 7am-6pm Tu,W,Th 7am-8pm Sa 9am-1pm
Bush	2640 Kemper Ln. (06)	281-1286	M,Th,F 7am-6pm T,W 7am-9pm
Camp Washington	1201 Stock Ave. (25)	681-6046	M&F 10am-6:30pm T,W,Th noon-8:30pm Sa noon-4pm
Carthage	19 E. 72 nd St. (15)	821-2954	M&W 10am-7pm Tu noon-4pm Th&F 4-7pm
Clifton	320 McAlpin Ave. (20)	961-5681	M-F 7am-9pm
Corryville	2823 Eden Ave. (19)	221-0888	M,Th 7am-10pm Tu,W,F 7am-8pm Sa noon-5pm
Evanston	3204 Woodburn Ave. (07)	861-9417	M-F 9am-8pm
Madisonville	5320 Stewart Road (27)	271-3344	M-Th 9am-8pm F 9am-6pm
McKie	1655 Chase Ave. (23)	681-8247	M&W 7am-8pm Tu&Th 7am-8pm F 7am-6pm
Millvale	3303 Beekman St. (25)	352-4351	M-F 9am-8pm
Mt. Auburn	270 Southern Ave. (19)	381-1760	M-F 10am-8pm
North Avondale	617 Clinton Springs Ave (29)	961-1584	M-Th 7:30am-8pm F 7:30am-6pm Sa noon-2pm
North Fairmount	1760 Carll St. (25)	471-3727	M-F noon-6pm
Oakley	3882 Paxton Ave. (09)	321-9320	M-Th 7am-9pm F 7am-6pm
Over-the-Rhine	1715 Republic St. (10)	381-1893	M-F 10am-8pm
Pleasant Ridge	5915 Ridge Ave. (13)	731-7894	M&W 7am-9pm Tu,Th,F 7am-7:30pm
Price Hill	959 Hawthorne Ave. (05)	251-4123	M-F 7am-8pm
Sayler Park	6720 Home City Ave.(33)	941-0102	M 9am-9:30pm Tu,Th,F 9am-6:00pm W 9am-8pm

(6/3/05)